



Nutrition Education at Summer Meals Sites



CATCH Kids Club Program

- Increase participation
- Increase retention
- Open or Closed meal sites
- Conducted before or after the breakfast or lunch meal
- Physically active nutrition education curriculum
- Promotes making healthy choices
- Eating more fruits and vegetables
- Evidence-based curriculum
- ~ 30 minutes
- Taught by NC Cooperative Extension Agent/Educator



CATCH[®] Kids Club

BUST THE BOREDOM!



Let's have fun this summer with CATCH Kids Club!

Bring your child to the free **CATCH Kids Club** for fun summer games and activities!

CATCH Kids Club

CATCH Kids Club will be held at the Summer Meal site:

on:

For More Information, contact:

CATCH[®] | COORDINATED APPROACH TO CHILD HEALTH

This material is adapted from material of the Month produced by the California Department of Public Health, Network for a Healthy California, The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, marital status, sexual orientation, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or related genetic information, in employment or in

Steps to Health
Supplemental Nutrition Assistance Program Education (SNAP-Ed)

any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights grievance or complaint of discrimination, complete the USDA, Program Discrimination Complaint Form, found online at <http://www.nrc.usda.gov> or call (800) 833-8012 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter by air to: USDA, Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 859-7442 or email at program.adjudication@usda.gov

Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file an oral complaint or request a sign language interpreter should contact USDA through the Federal Relay Service at 800-877-8339 or (800) 845-0736 (in Spanish).

Persons with disabilities who wish to file a program complaint, please use information above or have to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-3000 (voice and TDD).

USDA and NC State University are equal opportunity providers and employers.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

NC COOPERATIVE EXTENSION
Creating People • Growing Solutions

2015 CATCH Kids Club

- 13 sites
 - Churches
 - Boys and Girls Clubs
 - Housing Authority
 - Schools
 - Parks and Rec
- 630 participants
- Results: positive behavior change related to nutrition and physical activity



2016 CATCH Kids Club Counties

- Bladen
- Catawba
- Craven
- Davidson
- Duplin/Onslow/Lenoir
- Hertford
- Montgomery
- Randolph
- McDowell/Mitchell
- Pender/New Hanover
- Rutherford
- Vance

Lindsay Gooslby, MS, RD
NC State University SNAP-Ed
Steps to Health

lnhecht@ncsu.edu

919.513.8790

